The Australian Soccer Football Association

INDIA v. AUSTRALIA

FOURTH TEST

SYDNEY SHOW GROUND

OFFICIAL SOUVENIR PROGRAMME

24th SEPTEMBER, 1938 **PRICE 3d.**

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Secretary for Railways (25).

Our Visitors Will Shortly Leave Us

The Indian team will not be long with us now, and we take this opportunity of emphasising the work of our international friends on and off the field of play.

It is many a day since an overseas team has created so much interest and pleasure as the Indian side.

The visitors have travelled from Perth to Brisbane, and are now with us again in New South Wales. Since they were here last the team has had a most successful tour, having played four games in Queensland, winning three and playing a draw in the 2nd Test. In Newcastle they were successful against Australia in the 3rd Test match, and on Tuesday at Woonona defeated a strong South Coast team comfortably. This is a sure indication that the team has improved wonderfully.

At Woonona the football served up was the most spectacular and the most entertaining ever witnessed. It clearly demonstrated what is possible in a touring side when it has played several games together.

The play of the Indian team is new and novel, without doubt better than the Chinese team of 1923. The ball control and accurate passing of the visitors is similar to that of the Scottish Professional.

Our grounds (other than the ground played on to-day) do not come up to the standard of those in India, and it is reasonable to assume that the Indians are playing under difficulties; still we find their style of play as a result is not unduly changed, and that they are cleverly able to adapt themselves to Australian conditions.

The Australian Association wishes to thank the members of the team, so ably managed, for their fine work in Australia.

Throughout the Commonwealth the team has been subject to lavish Australian hospitality, and they certainly deserve the very best treatment.

It is a great satisfaction to an international touring side to know that it has won the admiration of the people of the country which it has visited.

On Wednesday next the team will leave for Melbourne on the return journey, and it is with regret that we say goodbye, wishing them bon voyage and happy recollections of their successful tour of Australia.

Soccer's International Appeal

According to overseas advice, the Soccer tit-bit for October is a game, England v. The Rest of the World, to be played at Highbury, the home of the famous Arsenal Club.

The "Rest" in this case means a team selected from the various European countries. It is expected that Piola, of Italy, will be centre forward.

Piola is reputed to be the real smashing centre forward of modern times, and just the man to beat the third back game.

This is the considered opinion of Tom Whittaker, the Arsenal trainer who, it will be remembered, was permanently injured during the visit to Australia of the English Professional team in 1925.

In recent issues, the "Referee" Newspaper has advocated that an effort should be made to secure the visit to Australia of a team from Hungary.

Mr. Fred. Robertson, of Sydney, who is touring Europe, has also written in glowing terms of the Hungarians.

It might interest readers to learn that in May last a strong English international team (professional) defeated Germany 6-3 in Berlin, and 4 days later England was defeated, 2-1, by Switzerland. Since then Hungary has beaten Switzerland, so it would appear from all accounts, and from results, that the Hungarians are up to best English class.

A competition now assuming vast importance on the other side of the world, and for which a handsome gold trophy is provided, is "The World Cup," played for on a "knock-out" basis by the various European countries.

England has not so far taken part in this competition, but every English club is now interested, and it looks as though England will shortly be taking part. Already it has been suggested that England should be the venue of the final stages of the next World's Cup. The grounds suggested for the eliminating rounds being Villa Park, Old Trafford and Goodison Park, the home grounds of Aston Villa, Manchester United and Everton, with the final being played in London. If this eventuates, it would be difficult to estimate the huge concourse of people that would attend.

OUR INDIAN VISITORS.

Mr. P. GUPTA, manager. He is the live wire of all sports in India, and connected with all sporting organisations in that country. At present is the hon. treasurer of the All India Football Federation. Was manager of the Islington Corinthians Football Club when they toured India. Short stature, makes an excellent manager and is a general favourite with all.

MR. M. DUTT ROY, asst. manager and non-playing captain. At one time a reputed footballer in Calcutta. Toured Java twice with the Bengal teams, in 1924 and 1926. Joint hon. secretary of the I.F.A., Bengal. Plays all games, more interested in cricket, in which he excels. Is a first class cricket umpire and a selector of the Bengal teams.

K. BHATTACHARJEE, captain. Native of Bengal. Age 29. A Customs officer by profession. Toured South Africa in 1934, and Ceylon in 1933. A graduate of the University of Calcutta. University football blue. A good tennis player. An inside forward with good reputation, and the brains of the Indian attack. A great favourite with the Indian crowds. Has been playing first class football for the last six years. Plays a better game without boots. Has played in practically every representative game in India. Played against Chinese Olympic team, Islington Corinthians, and the All Burma team when they went to Calcutta.

A. RAHIM. Easily the best inside right forward in the country. Playing for the last five years in first class football. Native of South India, Madras Presidency. Age 25. Another favourite with the Indian crowds for his uncanny antics and clever ball control. Plays better football without boots. Played against the Chinese Olympic team, Islington Corinthians, and All Burma. Plays with the Mohammedan Sporting Club.

S. CHOWDHURY. Native of Bengal. Age 30. One of the veteran footballers in the team. Has been playing first class football for 10 years. Toured South Africa in 1934. Captained Mohun Bagan Club last year. Position, outside left, although not so fast as other wing players, combines his pace with craft. Better player without boots.

S. JOSEPH. Native of South India. Age 28. Has been playing first class football in Calcutta for the past four years. Position, inside forward. Fast, with perfect ball control, and makes pace with the ball under perfect control. Usually plays without boots, and is a very reliable forward.

P. DAS GUPTA. Native of Bengal. A student. Age 22. Short stature. Has been playing first class football for four years, plays full back. A powerful kick, and very accurate. He should do very well in Australia, and plays best without boots.

C. McGUIRE. Native of Bengal. A veteran of Calcutta football. Has been playing first class football for 10 years. Age 29. A full back, one very hard to beat. A Customs officer by profession. Plays equally as well with boots as without. Sure kick of any ball, whether in or out of danger.

JUMMA KHAN. Native of Quetta, North-west Frontier Province. Playing first class football in Calcutta for the last six years for the Mohammedan Sporting Club. Well built. A steady and reliable full back. Played against China, English amateur, and Burma. A good type of footballer, equally as good with head as foot. A motor mechanic.

A. NANDI. A native of Bengal. Age 23. This is his first year in representative football. A student. Plays half back with distinction. Better footballer without boots, and has a neat snappy push pass, and quick at anticipation. Should please the Australian crowds.

B. SEN. Native of Bengal. Graduate of the University of Calcutta. Age 23. Playing first class football for the past three years. University football blue. Has played in all representative matches in Calcutta. Plays with or without boots. Forward of promise, and very fast, dribbling very neatly and correctly.

A. PREMLAL. Native of the Frontier Province. Plays in any position, a very useful man in a touring side. Age 28. Played first class football in Calcutta for the last six years. Played in all representative matches. Very good footballer in any position, trustworthy player, and plays most football without boots. A medical man by profession.

C. REBELLO. Native of Allahabad, United Province. Age 25. A Customs officer. Playing first class football for the past three years. A centre half with a great reputation, can also play full back or forward. Usually plays his football with boots. A good type of footballer, and particularly reliable in defence or attack.

NOOR MOHAMMED. The baby of the team. Eighteen years of age. Playing his first year in first class football, has come into first class football with a flash. Outside right to be reckoned with, speedy and nippy, better player without boots. but should please the Australian people.

K. DUTT. Native of Bengal. Age 25. Playing first class football for the past six years. A goalkeeper, considered to be one of the best 'keepers in the country. Has played against China, English amateur, All Burma. Plays without boots, and handles the ball with almost uncanny certainly. Rather short, but has remarkable anticipation and jumping ability. A mercantile employee.

M. ROSARIO. Native of Bengal. Goalkeeper. Age 27. Playing first class football for the past six years, and considered one of the leading goalkeepers in the country. Has played in many representative matches. Tall, and clears a ball well. Picks up cleanly and cleverly. Should prove an attraction.

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AUSTRALIA v. INDIA

AT SHOWGROUND, SYDNEY, 3.15 p.m.

AUSTRALIA

(Myrtle Green & Gold)

J. McCABE

1. A. MASCORD — 2. J. B. EVANS
3. R. BRYANT — 4. J. DARKES — 5. J. OSBORNE
6. R. CROWHURST — 7. J. WILKINSON — 8. A. QUILL — 9. J. HUGHES — 10 M. WYNN

10. K. PROSAD — 9. K. BHATTACHARJEE — 8. R. ORMSDEN — 7. A. RAHIM — 6. NOOR MOHAMMED
5. A. PREMLAL — 4. B. SEN — 3. A. NANDI
2. JUMMA KHAN — 1. C. REBELLO

K. DUTT

INDIA

(Maroon)

Australia Reserve:
11. I. Davidson.

Referee: D. McLAREN.

India Reserves:
11. S. Joseph.
12. B. Mukerjee.
13. P. Das Gupta.
14. C. McGuire.
15. S. Chowhury.
16. M. Rosario.

Linesmen: R. McKINNEY, J. BIRKETT

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RICHARDSON CUP (Semi-Final)

EASTERN SUBURBS v. SOUTH COAST
AT SHOW GROUND—1.45 p.m.

SOUTH COAST
(Colours: Blue & White)

J. HYND
E. WILSON J. ROEBUCK
J. THOMMERY H. BUTLER J. SPERLING
R. CAMPBELL F. BIRSHALL J. NAUGHTON (Capt.) J. CORR D. MOTT

K. CRUICKSHANKS J. DORMAN W. MAGEE (Capt.) A. THOMPSON F. TWINDLEY
S. RIGBY H. SMITH R. WOLLEY
W. MALONE J. COTTER
R. CHRISTIE

EASTERN SUBURBS
(Blue & Gold)

Reserve South Coast:
H. Johnston.

Referee: J. FLINT.

Reserves Eastern Suburbs:
A. McKay
H. Hill
W. Geogheogan

The 1937 English Amateur Team.

HUGH CONNELL SHIELD (Final)

WALLSEND V. GRANVILLE
At Showground, 12.50 p.m.

GRANVILLE
(Black & White)

D. HALLIBONE
J. CATER S. GRAYSON
J. WELLS F. OSBORNE J. CAMERON
D. POTENT H. MARSHALL J. PEEL A. TRUE R. McALLISTER

J. IRWIN M. FORRESTER F. FERGUSON G. HORN R. PARKES
J. SMITH A. PURCELL L. HAWKINS
J. CUMMINGS J. WILLIAMS
L. FORRESTER

WALLSEND
(Red)

Referee: A. M. PRITCHARD.

Reserves:—
N. HITCHCOCK
J. PARKINSON

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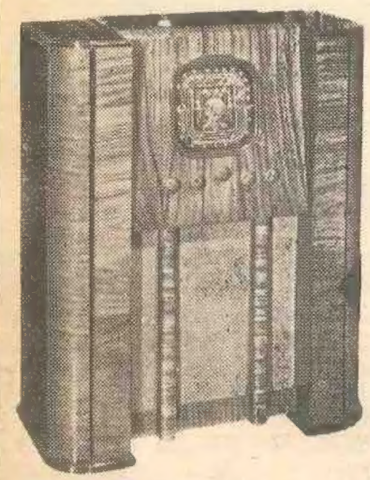

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STALENESS.

By T. A. Langridge.

There is nothing more upsetting to those connected with a football team than for several players to become stale half way through the season.

One often notices teams that have performed excellently in the first half of a season suddenly commence to lose game after game with disconcerting regularity. This phenomenon is invariably due to staleness.

There are a great many symptoms of this condition. The player loses his appetite and becomes irritable and inclined to be unduly nervous. He is subject to insomnia, and when he does sleep is little refreshed by it. His face is pinched and haggard, and his eyeballs are sunken. Any wounds, such as cuts or scratches, take an abnormally long time to heal, while the pulse rate is usually high and the blood pressure low. Another common symptom is loss of weight. Everyone on commencing training loses weight unless exceptionally fit, but once in good condition the weight remains more or less stationary unless staleness occurs, when still more weight is lost.

If the proper measures are adopted, staleness can, as a rule, be cured in a few days, but it is not always possible to participate in the chosen game or sport so soon.

Much the better thing is to prevent staleness from occurring, and this can be done quite easily if only the proper training methods are employed.

Monotony must be avoided, not only in the physical routine, but also in the mental pastimes.

The fundamental basis of scientific preparation for any game or sport, not football alone, is to practise regularly night and morning three different types of exercises.

They are neuro-muscular co-ordination exercises, inter-muscular co-ordination exercises, and relaxation exercises.

The programmes of these different exercises vary somewhat with the individual sport, but the important thing is that they need only occupy about ten minutes daily.

Besides preventing staleness they greatly increase the skill of the individual and increase his stamina. Furthermore, they bring about a better, more even all-round bodily development, so that better balanced and more harmonious movements are carried out.

If these precautions have not been observed, as well as the ordinary training, so that staleness does occur, the first step towards curing it is to give up entirely for the meantime all physical exertion connected in any way with the game. A complete change of diet is also advisable, while a change of environment is also beneficial. Above all, efforts should be made to distract and amuse the mind of the sufferer. These recommendations usually clear up the trouble in a few days.

THE INDIAN ITINERARY

September 24—Play Australia (Fourth Test), at Show Ground, Sydney.
27—Play Granville, at Clyde Oval.

October 1—Play Australia (Fifth Test), at Melbourne Cricket Ground.
8—Play Western Australia, at Subiaco Oval, Perth.
10—Play Western Australia, at Subiaco Oval, Perth.

INDIA'S RECORD

Australian Tour, 1938.

v. South Aust., Adelaide	.....	Won	 6-1
v. Victoria, Melbourne	.....	Lost	 2-4
v. N.S.W., Sydney	.....	Lost	 4-6
v. Northern Dist., Cessnock	.....	Lost	 1-2
v. Aust., 1st Test, Sydney	.....	Lost	 3-5
v. Queensland, Brisbane	.....	Won	 7-6
v. Aust., 2nd Test, Brisbane	.....	Draw	 4-4
v. Ipswich, Ipswich	.....	Won	 6-2
v. Q'land XI., Toowoomba	.....	Won	 6-2
v. Aust., 3rd Test, Newcastle	.....	Won	 4-1
v. South Coast, Woonona	.....	Won	 6-4

Summary: Played 11, won 6, lost 4, drew 1. Goals for: 49; Against: 37.

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